

CREATING A CULTURE OF WELLNESS FOR STUDENTS, FACULTY, AND STAFF IN THE COLLEGE OF PHARMACY

Emily A. Keeler; Elizabeth Trolli; Anna Felmer; Ben Newell; Smit Patel; Meghan Ritchey; Maggie Sturm; Kevin Wenceslao; Victoria Williams; Leslie Wu; Caitlin Yocum; Kristine W. Schumacher; James McAuley



Learning Objectives

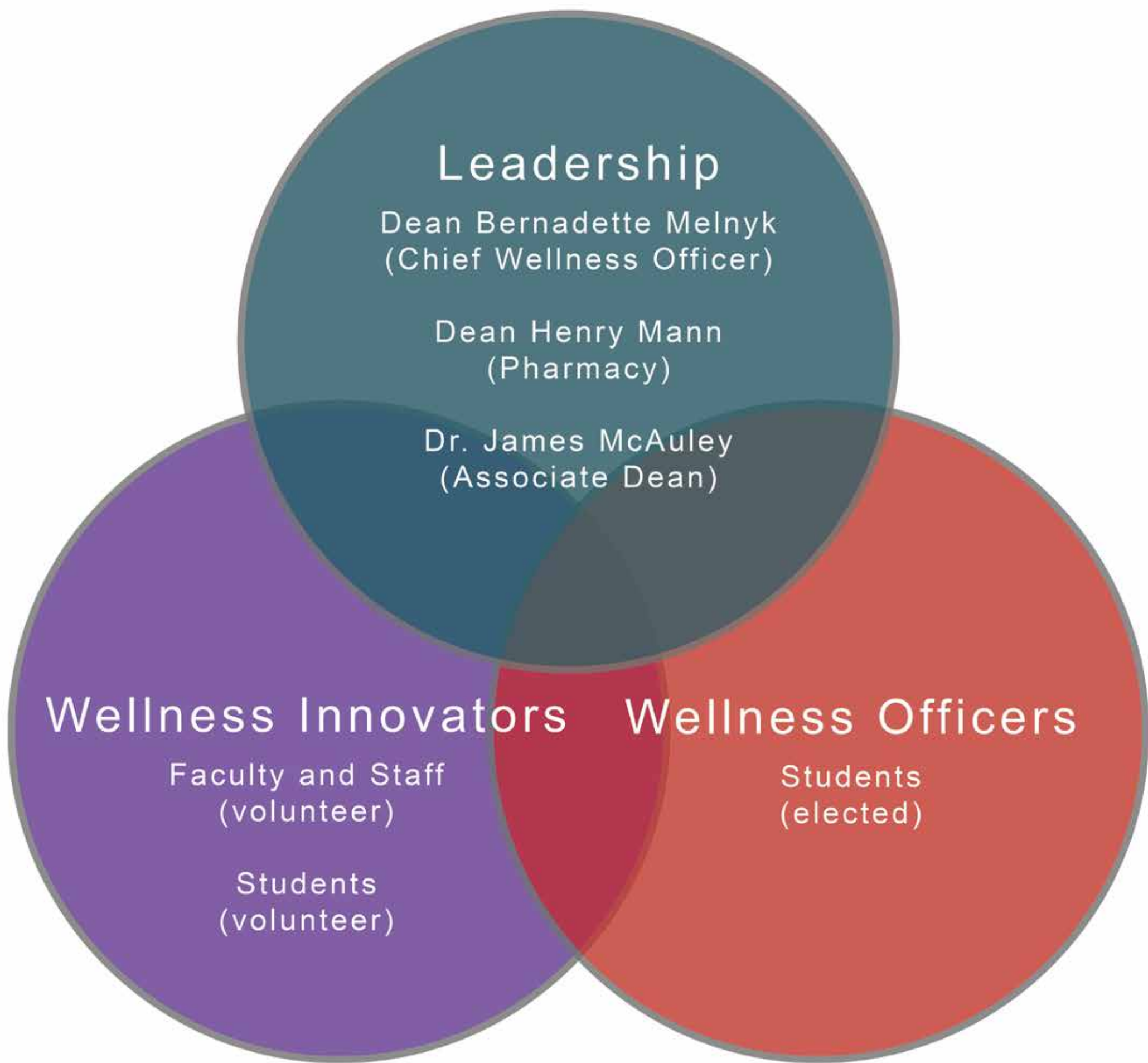
- Implement college-wide Wellness Strategies
- Identify opportunities for collaboration with community partners
- Create fiscally responsible use of funds to support wellness

Purpose

As part of the Health Sciences at Ohio State, wellness and preventative maintenance is something that is very important to the College of Pharmacy (COP). However, as professionals we work so hard to help others that we at times neglect our own health. In the Fall of 2016, a formal, volunteer Wellness Task Force, consisting of the college’s wellness innovators, student wellness innovators, class wellness officers, and other interested persons, was formed to help encourage a culture of change in wellness from the ground up.



Wellness Structure



Impact

In the 2014 academic year, the first year of tracking wellness at the COP, a total of 446 “touch points” specifically related to college wellness occurred with faculty and staff. Of note, all events tracked were done at no cost to the college. In the 2015 academic year, the wellness program extended to include students. Due to this effort, a more collaborative plan which aligns with the student initiatives has been created. The taskforce looked to build on community events and opportunities offered through OSU and through local partners.

Example: Winter Hiking Experience through the Columbus Metro Parks. Students, faculty, and staff attended a predetermined date, hiked, and enjoyed COP community outside of Parks Hall. Wellness has become a priority for many within the college and the team is working to increase the culture of wellness within the College of Pharmacy.

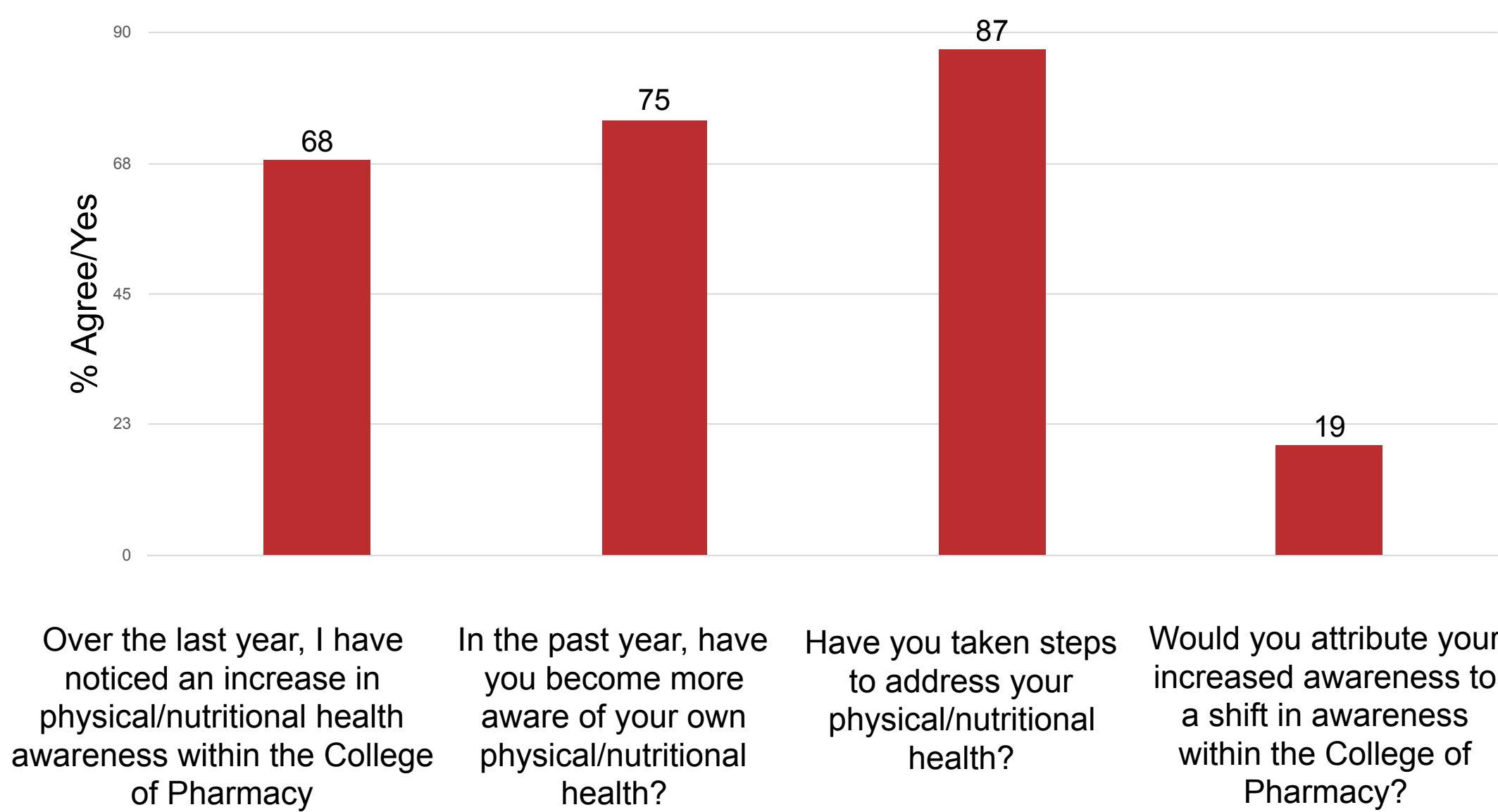
Wellness Innovators continue to offer programming such as wellness walks, regular newsletters, exercise classes, chair massages, and other items that are no cost or offered for free to colleges by Your Plan for Health. Additionally, Administration at the COP has shown their support by providing a wellness stipend. The taskforce has transformed this monetary amount into wellness initiatives.

Example: Weekly fresh fruit available to all students, faculty, and staff and a “Take 5 Station” containing items for check out for physical and mental wellness

Additionally, plans for a Parks Hall book exchange library and online healthy cookbook are in the works. As wellness innovators we don’t just want to be healthy for a day – **we want to drive cultural change to be the healthiest college on campus.** The ultimate goal is to change so wellness is the new normal.



Assessing Impact of Efforts



Number of “Touch Points” in Wellness Events Over Time

